

12b Swedish: Technique Demo and Practice – Anterior Lower Body and Abs

Lesson Plan

<u>Minutes</u>	<u>Activity</u>
10	Transition <ul style="list-style-type: none">• Students partner up into groups of 2, but 3 students may need to work together if the number of students attending class is odd-numbered. In this case only 2 students will receive massage, but all 3 get full participation credit. Ensure that students partner equally their classmates.• Partners set up a massage table, adjust table height, dress the table, get a chair, and store their stuff underneath the tables so that it does not impede their ability to do massage. Positioning of massage tables should allow everyone to work comfortably from all sides of the table without interfering with adjacent students or walls.
10	Break Announce the return time and write it on the board.
5	Attendance and Reminders Display the reminders slide.
10	Receivers Undressing and Givers Stretching <ul style="list-style-type: none">• Immediately after break, each giver secures the drape while their receiver gets on the table and gets undressed.• Next the instructor spends the remaining time leading students through the stretches found in the Internship section of the packet.
60	First Trade <ul style="list-style-type: none">• The instructor speaks briefly about the hands-on learning for this class so that it can be placed in the context of the bigger picture.• The rest of the time alternates between the instructor demonstrating “bite-size” portions of the routine immediately followed by the students practicing these demonstrated techniques.• The amount of technique shown for each mini-demo is up to the instructor, but should represent a short but cohesive snippet of the overall routine. As the students practice the new techniques, the instructor and assistant circulate around the classroom providing corrections, praise, and touch comparisons as needed or as requested.
10	Reset the tables for the next session
10	Break Announce the return time and write it on the board.

- 10 **Receivers Undressing and Givers Stretching** See above for details.
- 60 **Second Trade** Refer to first trade for details.

5 **Tables undressed, cleaned, and put away**

10 **Circle up** Review the "Reminders" for upcoming classes.

3h 20m **Total Class Time** (plus 10 minutes of flex time to use as needed)

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Learning Outcomes

- Program Level: effectiveness, safety, and security of massage
- Course Level: Swedish massage
- Class Level:
 - Proper table setup and spacing relative to those around you.
 - Proper table dressing and height adjustment.
 - Session begins with the drape evenly positioned evenly
 - To be able to perform and practice massage of the posterior lower body.
 - Practice and perform proper sanitation procedures
 - Students learn and practice body positioning, draping for massaging the anterior lower body and abs.
 - Students clean the tables, face cradles, and bolsters before putting them away

Class Schedule – Student Preparation

- Packet F: 39-44.

Class Schedule – Assignments and Exams

- None.

Topic Focus

- To learn body positioning, draping and massage techniques for the anterior lower body and abs.

Thoughts, Advice, or Warnings

- Be clear and insistent from the beginning about housekeeping behavior so that future classes can be focused on the new material instead of being distracted by how to properly setup, position, or clean a table.

- Equal timing for the massage trades is as essential as ending class on time.
- Don't do a demo before the trades begin. Instead demo small chunks of the routine during the trades so that students can immediately put into practice the mini-demo.

Materials, Equipment, and Supplies

- PowerPoint presentation, packet, attendance book
- Computer, projector, projector remote, projector screen
- Whiteboard with dry erase markers and eraser